

Syllabus for M.P.ED. Entrance Test **Session 2019-20**

Instructions for paper setter: Set ten objective type questions from each unit having two marks of each question.

Unit – 1 – PHYSICAL EDUCATION AND YOGA

Physical Education: Meaning, Aim, Objectives and important of Physical Education.

Philosophy of Physical Education: Idealism, Naturalism, Realism, Pragmatism, Humanism.

Yoga: Meaning, Aim, Objectives and Need of Yoga in Modern Society.

Asana: Meaning and its classification.

Pranayam: Meaning and classification of Pranayam.

Effect of Asanas and Pranayam on Respiratory, Circulatory, Digestive system of body.

Unit – 2 – ANATOMY AND PHYSIOLOGY

Anatomy and Physiology: Meaning and its importance in the field of Physical Education and Sports

Cell: Meaning, its parts and their functions.

Tissue: Meaning, types of Tissue and their functions in human body.

Joints: Meaning, and types of Joints in human body.

Cardio-respiratory: Anatomy of Heart, Blood vessels attached to the Heart, different Valves and their functions, Cardiac cycle, functions of the Blood, effect of exercise on Cardio-respiratory system, name and functions of different.

Digestive System: Meaning and functions of Digestive system.

Juices and Enzymes: Name of different Juices, Enzymes and their role in digestion of various nutrients.

Unit – 3 – SPORTS TRAINING AND SPORTS MEDICINE

Sports Training: Meaning, Aim, Principles of Sports Training, and its characteristics.

Training Load: Meaning, Types and factor influencing Training Load.

Sports Training Plan: Meaning, types of Plan.

Sports Medicine: Meaning and its importance.

Sports Injuries: Types of Injuries and their treatment.

Physiotherapy: Meaning and various therapies i.e. Hydrotherapy, Cryotherapy, Exercise therapy, Electrotherapy.

Unit – 4 – HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Definition, Objectives and Principles of Health Education.

Balanced Diet: Its Meaning and constituents, factors effecting balanced Diet of a Player.

First Aid: Meaning and its Principles.

Malnutrition: Meaning, its Causes and methods to overcome it.

Diseases: Communicable and Non-Communicable, Modes of transmission of communicable diseases, Methods to control communicable diseases.

Environmental Studies: Definition, need and Importance.

Pollution: Meaning, various types of Pollution i.e. Air, Water, Soil and Noise Pollution and controlling techniques of Pollution.

Unit – 5 – SPORTS PSYCHOLOGY AND SOCIOLOGY

Sports Psychology: Meaning and need of Sports Psychology in the field of Physical Education and Sports.

Motivation: Meaning, its types and factors influencing motivation in sports.

Lows of Learning: Types of Lows of learning and theories of learning.

Sociology: Meaning and need of Sports Sociology in Modern Society, Socialization through Physical Education and Sports.

Leadership: Meaning, Features, Qualities of a Sports Leader, types of Leadership and its theories.